

Proclamation
Oral Cancer Awareness Month
April 2013

Whereas: Oral Cancer Awareness Month is aimed at educating the public about the risk factors, signs and symptoms of the disease; and

Whereas: When you take the correct steps, such as adults over 40 years of age receive an annual oral cancer exam from their dental or medical provider; and

Whereas: Quit the use of all tobacco products and limit alcoholic drinks; and

Whereas: Use a lip balm with SPF of at least 15 anytime outdoors and have a diet rich in fruits and vegetables; and

Whereas: Limit certain sexual behaviors in order to reduce exposure to the Human Papillomavirus, Oral Cancer can be highly preventable; and

Whereas: The Department of Health and Mental Hygiene's, Office of Oral Health, supports the early detection of oral cancer and prevention of the disease through yearly oral cancer screenings and promoting tobacco cessation programs, such as, the Maryland Tobacco Quitline, 1-800-QUIT-NOW.

Now, therefore, I, (INSERT LOCAL NAME), do hereby proclaim April 2013, as Oral Cancer Awareness Month in Maryland, and do commend this observance to all our citizens.